

# AHIMSA COVID REPORT

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## Report 2 (21<sup>st</sup> May to 4<sup>th</sup> June, 2021)

As mentioned in our previous report, Ahimsa continues to support 6 villages in Shantiniketan, as well as communities and organisations in Dehradun, where our Mindfulness Practice Centre, Jamun Village is located.

At this time of the **Covid** pandemic, we are aware that both mental and physical health are important. To honour our 25th year, that the Ahimsa community have been gathering under the Full moon of Buddha Purnima, we were joined by the **Monastics of Plum Village, Thich Nhat Hanh's home in France** on 26<sup>th</sup> May 2021 virtually. Dharma Talks, Chanting and Practices were offered by Brother Phap Lai, Brother Bao Tich, the monastics of Plum Village, Dharmacharya Shantum and volunteers of Ahimsa Trust.



<https://youtu.be/nLzyPd0VY-0> (YouTube link to the program)

### Work in Dehradun:

Ahimsa continues to extend support to different organisations and individuals that are in need of essential items and medical equipment.



*Ms. Godavari distributing kits to people in Dehradun*



*Ahimsa team handing Covid Kits door-to-door in Chandralok village*

**Covid Relief Distribution by Ahimsa Trust**

S. No	Name	Items distributed
1	Chandralok Village	115 kits with Masks, soaps and instructions on covid care
2	Ms Godavari Thapliyal, Social worker	470 Surgical masks, 50 N95 masks, 10 PPE kits, 10 oximeters
3	Mr. Rajesh Shah, Station House Officer in Roorkee	500 Surgical masks, 50 N95 masks, 10 PPE kits, 5 oximeters
4	Mr. Rakesh Shah, Station House Officer in Dehradun	500 Surgical masks, 50 N95 masks, 25 PPE kits, 10 oximeters
5	Ms Urmila Dhondiyal Thapa, Ward counsellor	500 Surgical masks, 50 N95 masks, 10 PPE kits, 10 oximeters
6	Ms Anjoo Malik, Social worker	500 Surgical masks, 25 N95 masks, 10 PPE kits, 5 oximeters



*Ms Urmilla, the Ward Councillor offering N95 masks, etc donated by Ahimsa to the Municipal workers in the area*



*A post by Ms Urmila thanking Ahimsa for Covid support*

We are also now starting to provide and distribute rations and extend support to families who have no earning members in their homes or have lost them to Covid. We will keep you updated on more of this in our next letter.

**Work around Shantiniketan, West Bengal, India**

Our Project is focusing on the following three aspects of Covid Management:

**A. Medical help from a doctor and the medicines prescribed as well as medical kits containing N-95 masks and surgical masks.**

- Masks and soaps were distributed in Taltor Village, Shantiniketan



*Family member of Madhabi Das, Notundanga Village, collects medical kit on her behalf*

- In Kayetpur Village, Shantiniketan, the medical kits were given in empty spaces.
- The two oxygen concentrators are going to be housed in the homes of two team members- Suchitra Lohar in Taltor village and Lakhimoni Kisku in Kayetpukur village. Dr. Ganguly has suggested that the concentrators be placed on bricks and be covered with small sized mosquito nets- so that pests and mice cannot spoil the concentrators.



*A team member collating the supplies at the end of the day*



*Suchitra Lohar points to place that she has chosen to house the oxygen concentrator*

- 20 pieces of nasal canula have been ordered so that each patient can be given a separate canula for their use. In addition, the patient's family member, who will take the concentrator for their use, will be given a PPE that they will wear while applying the oxygen to the Covid patient. The family member will need to sign a declaration that they are taking the concentrator at their own risk and it is their responsibility to return the concentrator to the team member's house after use. All these documents will be available in Bengali, which is the local language.

## **B. Provision of some dry rations of nutritious food like oats, pulses and lemons and sugar (for lime juice drinks).**

- The patients who have finished 2 weeks of treatment are being given vitamins for a certain time period.
- As part of the ongoing program of Sustainable livelihoods and Covid Home care, the communities are being provided with fertilizers to grow fruit trees and vegetables to provide nutrition to their families for post covid recovery.

## **C. Spreading the word on Covid through a number of distance measures.**

- Training of the Ahimsa Team for Covid Prevention work was completed as part of the Covid Home Care project. It has been the most challenging and also the most satisfying. The Smart Phone has been the crucial instrument of communication and WhatsApp has proved the most effective means.
- We have got data on patients and updates on their condition. Some young people in the six villages who have passed their Class X or Class XII level exams are helping compile the data.
- Hand washing demonstrations were conducted across the villages.
- Maintaining social distance, the people were educated on Covid Home instructions and care.



*Hand washing demo*



*Covid instructions being given by an Ahimsa member, maintaining social distance.*

We thank you once again for your good wishes and support. We hope we can continue to reach out to as many in these most difficult times which India is going through.

With kind regards and gratitude,

Ahimsa Community

### **Patient updates end of May, over the 2- week period in Shantiniketan**

The Ahimsa team members have taken regular updates of patients during the course of their treatment. These are being transcribed (from hand-written Bengali that I find almost impossible to decipher into Bengali type) by Professor Parimal Ghosh. I will be able to attach these with next month's Report. Some responses included:

'We learnt about how to keep patients in isolation. That's how other members of the family stayed well' (Sikha Lohar, Taltor village)

'My granddaughter, aged 3 is now feeling much better. She had a bad cold and was running a fever. I'm also feeling better.' (Maghu Das, Darpashila village)

'I've had breathlessness and was unable to walk far without resting. Now I'm able to walk' (Ananda Das, Darpashila village)

'I was very lucky that Ahimsa not only paid for my medicine on the first visit. As I was still quite weak after two weeks, I was given some more medicine and am feeling a lot better' (Dhanai Das, Notundanga village)



*Households in Shantiniketan being encouraged and supported by Ahimsa to grow fruit trees and vegetables in their own gardens to provide good nourishment for their families, as part of Covid Home care. .*